

My Children & Me!

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www.casadeesperanza.org

Together in the Summer



The summer is a wonderful opportunity to spend time with your children. Here are 5 steps to help you create an activity plan for you and your children.

One. List ideas of activities for you and your children to do together. We suggest that you and your children create your lists separately. Ideas for activities are: go camping, bike rides, and visiting museums.

Two. Have a family meeting to look at your lists and decide which activities you will do together. As you pick activities, take into consideration your time (e.g., full or part-time employment) and the cost. The family meeting is a great way to open communication with your children.

Three. Make sure that you include at least one activity chosen by each family member. He or she can be the expert and lead the activity, allowing the children to show their strengths to their parents and siblings.

Four. As a family, collect the materials needed for the summer activities. Remember that you don't necessarily need to buy materials but you can borrow them or get them as gifts. They may also be part of your day-to-day environment. Note: you can get free passes at the public libraries for museums, parks, and other events.

Five. Enjoy! The most essential thing about creating an activity plan is to spend time together and learn from each other.

Recipes from Abuela

Polvorones

2 cups wheat flour, sifted
2/3 cup sugar
1/2 cup cooking oil
1 egg at room temperature
2 tbsp butter, softened
pinch of salt

Blend sugar slowly into the oil. Add the egg, salt and butter and blend thoroughly. Blend the flour in, slowly and thoroughly. Roll the resulting dough into 1-inch balls and place on an ungreased cookie sheet, flattening each ball slightly with the palm of your hand.

Bake in a preheated oven at 350 degrees Fahrenheit for 10 minutes. Serve warm as a dessert or as a treat anytime throughout the day.

Recipe from Puerto Rico

Sopaipillas

2 cups prepared flour
1/2 cup milk
1 cup cooking oil
1 cup sugar
Cinnamon

Mix the flour with milk until it is soft. Let it rest for 20 minutes. Meanwhile heat the oil in the frying pan. Create 1 inch balls with the dough and flatten them with a rolling pin. Cut the flattened balls in half and fry them. While the sopaipillas are frying mix the sugar and cinnamon on a plate. When the sopaipillas are a golden color drain them on a paper towel and dip them in them sugar and cinnamon.

Recipe from México



Activities for Youth and Children

Science Lovers — Amantes de la Ciencia

April 25, 2009 1-4 — Science Museum of MN

The museum's Science Fusion series is designed to stimulate youth interest in Science, Technology, Engineering, and Mathematics careers. The Science Fusion events connect youth to real professionals with whom they can identify. Besides offering activities and mentorship, the museum recognizes five (5) students by giving them the "Good Job" Student Award. For more information you can visit: <http://www.smm.org/enews/2009/march/amantes/>

SPNN — Youth Intern Program

SPNN a public television station, is currently recruiting applicants for their Youth Intern Program (YIP) 2009, July 20th-August 28th. YIP is an intensive **paid internship program** where St. Paul high school students work with mentors and each other, to develop meaningful media about community issues. Phone: Ericka Backberg 651-298-8919

Tickets for Minnesota Twins — FREE!

Free tickets to the Twins game on Sunday, May 3! Send Casa de Esperanza a note explaining how you are supporting the hopes and dreams of your child(ren) (see below *Siembre Esperanza*) and we'll send you free tickets!

Children's Museum

10 West Seventh Street, St. Paul, MN 55102. The museum is free every third Sunday of the month. Phone: 651-225-6001

Cities Parks and Recreation Centers

Every city has free activities in their local parks. Minneapolis: 311; Saint Paul: 651-266-6400

Public Libraries

They provide free information, games, and activities for the entire family. Visit the one closest to your home.

Free Transportation for Youth

Minneapolis: 612-673-2060

Saint Paul: 651-209-3519

What's New at Casa de Esperanza?

Workshops for the Community

Learn about different topics (e.g. nutrition, discipline, education, etc.) that affect the daily lives of you and your family.

For more information call: Cynthia Sanchez

651-646-5553 ext.307

Volunteer Opportunities

Centros de Información y Recursos

Connect with the Latino community in a unique and positive way by assisting Centro's visitors to learn about resources in MN.

For more information call: Alex Zoltai

651-646-5553 ext. 303

Plant Hope — Siembre Esperanza

Hope or *Esperanza* is who we are and what motivates change and success in our lives. Spring is here and Casa de Esperanza is focusing on **planting—and growing—hope in the lives of children.**

When a child has hope, he or she believes anything is possible! How are you helping to plant—and grow—the seed of hope in your child's life? It can be as simple as making time or listening without judging.

Let us know how you are planting the seed of hope in your child's life and receive free Minnesota Twins tickets to the game, Sunday, May 3, 1:10 p.m. E-mail us at info@casadeesperanza.org or write to us at P.O. Box 75177, St. Paul, MN 55175. We must receive all notes by Tuesday, April 28.